



Swim up to 300m...



...cycle up to 12km...



...and run or walk up to 5km.

## 8 Week Beginner Training Programme

### How to use this training program:

This plan assumes that you are in good health and can comfortably complete each of the sessions. It also assumes you have access to a bike (mountain bike is fine) or a gym/indoor bike (which is also fine). If you can't do these minimum, then that's the initial goal, once you can do that then you can start this plan.

Your plan has two swims, two bikes and two runs. You can see them in the plan that the same sport sessions are spread across the week, with two or three days between them. This allows your body to adapt before the next workout using the same muscles - this is particularly important for running as it will reduce your risk of injury.

You can change the days around but try and keep at least one day between the same discipline (i.e. the swims or the bike or the runs). Also try and avoid doing two things on the same day. By following these simple rules you'll get the benefits of the training without added risk. The easiest way to shift sessions is to swap the Saturday and Sunday around and swap the Tuesday and Wednesday around. This program is a safe conservative, low injury risk approach to kick starting your triathlon season, but it is always wise to check with your GP before starting any new exercise program.

Happy Training!



# WEEK ONE

The key thing this week is to make the time! Don't feel any pressure to jog if you haven't done so for a while (or ever)! Better to walk - you will get plenty of benefit from that!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Swim</b>	10min				10min		
	25m Reps. (rest as needed, but min rest is 30sec) Do as many as you can fit into 10min of swimming If you can do more then feel free to do so. Stretch shoulders for 10min at the end.				Same as Monday. This would be a good day to do some general stretching after the swim		
<b>Bike</b>			20min				20min
			Optional Do this if you have the time AND feel good. An Easy ride on the flat. Stop as needed. Best on a bike path or grass field. Work on spinning the legs. Can be indoors on a gym bike. If so do 5x4min Easy Spinning with 1-2min of stretching between				An Easy ride on the flat. Stop as needed. Best on a bike path or grass field. Work on spinning the legs. Can be indoors on a gym bike. If so do 5x4min Easy Spinning with 1-2min of stretching between
<b>Run</b>		20min				20min	
		Flat Option One: Easy Jog - 4x5min with a 1-2min stretch between (Only do this if you can do it & feel good at the end) Option Two: 1 min Jog, 2min Fast Walk Option Three: Fast Walk (Do option three if you can't jog 1-2min comfortably)				Same as Tuesday	



# WEEK TWO

Be patient with yourself, consistency is the name of the game. It's always better to do a shorter training session than nothing. Stay focused and determined to make the time and just START each session.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	15min				15min		
	25m Reps, rest AS NEEDED but min rest is 30sec As many as you can fit into 15min of swimming Stretch shoulders for 10min at the end	•			50m Reps, rest AS NEEDED but min rest is 30sec As many as you can fit into 10min of swimming Stretch shoulders for 15min at the end. This would be a good day to do some general stretching after the swim		
Bike			20min Optional Do this if you have the time AND feel good. An Easy ride on the flat. Work on spinning the legs Can be indoors on a gym bike if so do 4x5min Easy Spinning with 1-2min of stretching between				25min An Easy ride on the flat Work on spinning. Can be indoors on a gym bike if so do 5x5min Easy Spinning with 1-2min of stretching between
Run		20min Flat Option One: Easy Jog 4x5min with a 1-2min stretch between (Only do this if you can do it and feel good at the end) Option Two: 1 min Jog, 2min Fast Walk Option Three: Fast Walk (Do option three if you can't jog 1-2min comfortably)				20min Same as Tuesday	



# WEEK THREE

You will now notice that you are getting fitter. Remain patient here & don't risk doing more unless you are sure it will be fine. This would be a good week to seek someone in in your local area to give you some advice on your swimming technique. If you do that replace one of the scheduled swims with a lesson. (See training sessions on [www.tri.co.nz](http://www.tri.co.nz) for more info)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Swim</b>	15min				15min		
	50m Reps, rest AS NEEDED but min rest is 30sec As many as you can fit into 15min of swimming Stretch shoulders for 15min at the end				Same as Monday. This would be a good day to do some general stretching after the swim		
<b>Bike</b>			20min				30min
			Optional Do this if you have the time AND feel good.  An Easy ride on the flat. Work on spinning the legs. Can be indoors on a gym bike if so do 4x5min Easy Spinning with 1-2min of stretching between				An Easy ride on the flat Work on spinning. Can be indoors on a gym bike if so do 5x6min Easy Spinning with 1-2min of stretching between
<b>Run</b>		20min				20min	
		Flat Option One: Easy Jog 2x10min with a 2-3min stretch between (Only do this if you can do it and feel good at the end) Option Two: 1min Jog, 1min Fast Walk Option Three: 1min Jog, 2min Fast Walk				Undulating (preferably no hills longer than 2min up) Just an easy jog or walk-jog Walk the uphill with a strong powerful stride and jog as you can.  <i>Recommend coffee and a good mag to finish with!</i>	



# WEEK FOUR

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Swim</b>	15min				15min		
	50m Reps, rest AS NEEDED, but min rest is 30sec. As many as you can fit into 15min of swimming. Stretch shoulders for 10min at the end				2x100m as you can with 45sec rest after each. Then as many 50m reps as you can fit into the 15mins. Rest AS NEEDED but min rest is 30sec. Stretch shoulders for 10min at the end		
<b>Bike</b>			25min				30min
			Optional An Easy ride on the flat Work on spinning the legs Can be indoors on a gym bike if so do 2x10min & 1x5min easy spinning with 2-3min of stretching between		This would be a good day to do some general stretching after the swim		An Easy ride on the flat Work on spinning. Can be indoors on a gym bike if so do 3x10min Easy Spinning with 2-3min of stretching between
<b>Run</b>		25min				25min	
		Flat Option One: Easy Jog (Only do this if you can do it and feel good at the end) Option Two: 2min Jog, 2min Fast Walk				Undulating (preferably no hills longer than 2min up). Just an easy jog or walk-jog. Walk Jog: 3min Jog, 2min Walk OR Walk the uphill with a strong powerful stride and jog as you can.	

Right... By now you will be feeling much fitter – keep pushing here as you will get a lot of benefits by completing the rest of the plan!



# WEEK FIVE

Work on the Jog or Run/Walk. Push the uphill walking and jog as much as you can safely do.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Swim</b>	15min				15min		
	3-4x100m, with 30sec rest, then as many 50m reps as you can. If you get tired, shorten to 50m reps with 30sec rest. This can include 4x12.5m Kick (with a kick board or on your back) if you like! Focus: Just get it done!				4x50m Easy Then as long as you can swim continuously. Have a 1min rest then finish with 50s until 15min is done. Some general stretching after the swim		
<b>Bike</b>			30min				30min
			Optional An Easy ride on the flat. Work on spinning the legs. Can be indoors on a gym bike if so do 3x10min Easy Spinning with 2-3min of stretching between				An easy ride on the flat. Work on spinning. Can be indoors on a gym bike. If so do 3x10min easy spinning with 2-3min of stretching in between
<b>Run</b>		20min				20min	
		Flat Option One: Easy Jog (Only do this if you can do it comfortably and feel good at the end) Option Two: 2min Jog, 1min Fast Walk				Undulating (preferably no hills longer than 2min up) Just an easy jog or 'walk-jog'. (Walk-Jog: 3min jog, 2min walk)  Coffee & Magazine time!	



# WEEK SIX

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Swim</b>	25min				25 min		
	As many 100m efforts as you can fit in, with 30sec Rest if you get tired then shorten to 50m reps with 30sec Rest Can inc 4x12.5m Kick if you like! Focus on just getting it done...				4x50m Easy Then as long as you can swim continuously in one go Have a 1min rest then finish with 50s until 25min is done  General Stretching		
<b>Bike</b>			30min				30min
			Optional An Easy ride on the flat Work on spinning the legs Can be indoors on a gym bike if so do 3x10min Easy Spinning with 2-3min of stretching between				An Easy ride on the flat Work on spinning. Can be indoors on a gym bike if so do 3x10min Easy Spinning with 2-3min of stretching between
<b>Run</b>		25min				25min	
		Flat Option One: Easy Jog Option Two: 2min Jog, 1min Fast Walk				Just an easy jog or walk-jog, preferably flat.  <i>Don't forget your coffee/mag break!</i>	

Well done so far. Your event is getting closer and you just need to be as consistent as you can. Plan your week so that you can get all your training done.



# WEEK SEVEN

One week to go! The bike to run session on Sunday will really help make your 'day' next week easier.

Practice your transition (going from bike to run) as you plan to do it at the event.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Swim</b>	30min				30 min		
	As many 100m efforts as you can fit in, with 30 sec rest. If you get tired then shorten to 50m reps with 30 sec rest. Can include 4x 12.5 kick if you like...				4x50m Easy Then as long as you can swim continuously in one go Have a 1 min rest then finish with 50s until 25min is done  General stretching		
<b>Bike</b>			30min				30min
			Optional An Easy ride on the flat Work on spinning the legs Can be indoors on a gym bike if so do 3x10min Easy Spinning with 2-3min of stretching between				An Easy ride on the flat Work on spinning. Can be indoors on a gym bike if so do 3x10min Easy Spinning with 2-3min of stretching between
<b>Run</b>		30min				30min	10min
		Flat Option One: Easy Jog Option Two: 2min Jog, 1min Fast Walk				Just an easy jog or walk-jog, preferably flat.  <i>Don't forget your coffee/mag break!</i>	After the Bike, run or walk for 10min, If you walk, work on using a brisk pace. If you run focus on using a short fast stride



# WEEK EIGHT

## CONGRATULATIONS!

You are now ready to complete your Contact TriWoman event!

Enjoy your day, celebrate the newer, fitter you and most importantly...  
**HAVE FUN!!**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Swim</b>	20min				20 min		
	As many 100m efforts as you can fit in, with 30sec rest. If you get tired then shorten to 50m reps with 30sec rest. Can inc 4x12.5m Kick if you like! Focus: Just get it done, does not need to be fast.				50m Reps, rest AS NEEDED. As many as you can fit into 20min of swimming. Stretch shoulders for 15min at the end		<b>Contact TriWoman Event Day!**</b>
<b>Bike</b>			30min			30min	
			Optional An Easy ride on the flat. Work on spinning the legs Can be indoors on a gym bike if so do 3x10min easy spinning with 2-3min of stretching between			Just a nice easy spin on the bike if you wish.. .	<b>Contact TriWoman Event Day! **</b>
<b>Run</b>		30min				30min	
		Flat Option One: Easy Jog Option Two: 2min Jog, 1min Fast Walk					<b>Contact TriWoman Event Day! **</b>

**\*\* If your event is on Saturday, miss the Saturday bike session (can do earlier in the week if you want to...)**